

DESERT SIERRA HEALTH NETWORK (DSHN)



DSHN MEMBERS & GUESTS: August 21, 2007 Meeting Announcements

Contact: Lynda VanHoof, 909-580-6109, vanhoof@armc.sbcounty.gov

The Arrowhead Regional Medical Center's 5th Annual Health and Safety Fair is scheduled for Saturday, September 22, 2007 from 10am to 2pm at 400 North Pepper Avenue in Colton, CA 92324 (I-10 @ Pepper Ave.) FREE to the public, this event includes extensive free health screenings for the whole family, safety and fitness training, demonstrations, 80-100 exhibitors/vendors - all health and/or safety related and FREE parking. Free teddy bear will be given to the first 500 children completing health screenings, as well as door prize drawings for anyone completing a health screening. Refreshments will be available.

Contact: Dr. Ernie Medina, emedina@epiclp.com, 909-335-4131

1. Free Senior Health and Fitness Fair, **THIS Friday, Aug. 24, 10 AM to 2 PM**, at the XRtainment Zone (409 E. Palm Ave., Redlands)

2. XRGames Tournament, fundraiser for the Redlands Recreation Dept. Events to enter are DDR and Wii Tennis, enter by ability. **Sun., Sept. 9, noon to 4 PM**. Double elimination tournament. Raffle prizes (including iPod Shuffle) for all entrants. Pre-registration required. Registration form and more info can be viewed at www.xrtainmentzone.com.

3. **Sept. 14, 9 AM**, DSHN tour of XRtainment Zone. Dress for physical activity! See this unique community resource showcasing the latest in exergaming video equipment. Also check out the studio for classes such as our Family Fit Zone class and demonstration kitchen for cooking classes. See pictures on our blog at our website.

Contact: Jackie Russum, 510-670-4585, jrussum@californiahealthykids.org by September 24th

The California Healthy Kids Resource Center is offering the Desert Sierra Skills Density Nutrition Training at the San Bernardino County Superintendent of Schools in Colton on September 26, 2006 from 9 AM to 12 PM. The FREE interactive training includes an overview of the National Health Education Standards, identification of skills-based activities, and an introduction to existing resources that address key student skills in grades K-12.

Contact: Melanie Dhason, mdhason@dph.sbcounty.gov, 909-387-6380

The 8th Annual Scout Stampede Camporee & Show at Glen Helen Regional Park in Devore is taking place on Saturday, Sept. 29, 2007 from 10am-3pm. This event is put on by the San Bernardino County Sheriff's Dept., the Girl Scouts of San Gorgonio Council, and the Boy Scouts-California Inland Empire Council. The *Network for a Healthy California—Children's Power Play! Campaign* will be hosting our Nutrition Decathlon as part of this event. I'd like to recruit some volunteers to help run the Decathlon. There will be two shifts, a morning shift that starts at 8:30 to help with set-up and the afternoon shift which will last until 4:30 to help with clean-up. Last year they had about 1800 scouts and their families attend the event.

Contact: Andrea Donald, acraddic@co.riverside.ca.us, 951-358-5977

1. I am raising funds for the American Heart Walk (Fairmount Park, Sept 30). Please sponsor me & the RivCo Public Health Team at www.ieHeartWalk.org (search for "Andrea Donald" under "Donate Here"). My goal is currently \$250 - maybe more...

2. Million Father March - a movement to increase father involvement in their children's school. Encourage all men to take their children to school on the first day - take a look around campus, voice their concerns, be a positive male figure for all children. Visit www.BlackStarProject.org for more information.

3. October is Walk to School Month, Week (Oct 1-5), and Day (Oct 3). There are many ways to promote and participate in Walk/Bike to School, raising awareness of pedestrian safety, bike helmets, safe driving in school zones, a Walking School Bus, and increased physical activity before & after school.

www.iWalktoSchool.org is the international website.

www.caWalktoSchool.com is the California website.

Both sites have great ideas for hosting a Walk to (or at) School event!! You can contact Andrea Donald at acraddic@co.riverside.ca.us 951-358-5977 for more ideas & information on hosting a Walk To (or At) School promotion at your favorite school site!

4. There are Safe Routes to School grants available for improving school-area (K-8 grade) pedestrian safety at: <http://www.dot.ca.gov/hq/LocalPrograms/saferoute2.htm> and www.SafeRoutesInfo.org

Contact: Grace Soeter, 951-272-3222, gksoeter@yahoo.com

Healthy Families International will present "Be Smart, Eat Right" program to grades 1st-3rd at the following schools in Sept. It is a one hour presentation using puppets, drama, and fun interactive games to teach children about eating healthy and being active.

- Wed., Sept. 5 at 10 am at Coronita Elementary 1757 Via Del Rio, Corona, 951-736-3389
- Fri., Sept. 7 at 9:30 am at Jefferson Elementary 1040 S. , Vicentia Ave, Corona, 951-736-3226
- Fri., Sept. 7 at 1:30 pm at Stallings Elementary 1980 Fullerton Ave, Corona, 951-736-3249

Contact: Nel Hecht, PHN for Inyo County Health Dept. at (760) 873-7868

1. Aug. 30 through Sept. 3, the Eastern Sierra Tri-County Fair is held in Bishop, California. Counties participating in the Fair are Inyo, Mono and Alpine. Inyo County Health and Human Services is hosting a booth with a theme of "Steps to Wellness" which include nutrition information and incentives for all aged participants.

2. Saturday, September 1, 2007 is Kids Day, and Inyo County CHDP program will be coordinating nutrition information with 4-H activities.

Contact: Loistine Herndon, 909-938-9763

The Temple Missionary Baptist Church Women's Ministry invites you to attend their FREE *Watching Women!* Conference scheduled for Saturday, September, 8, 2007 from 9 AM-1:30 PM at T. Hughes Memorial Building, 1777 W. Baseline Street, SB, CA 92411.